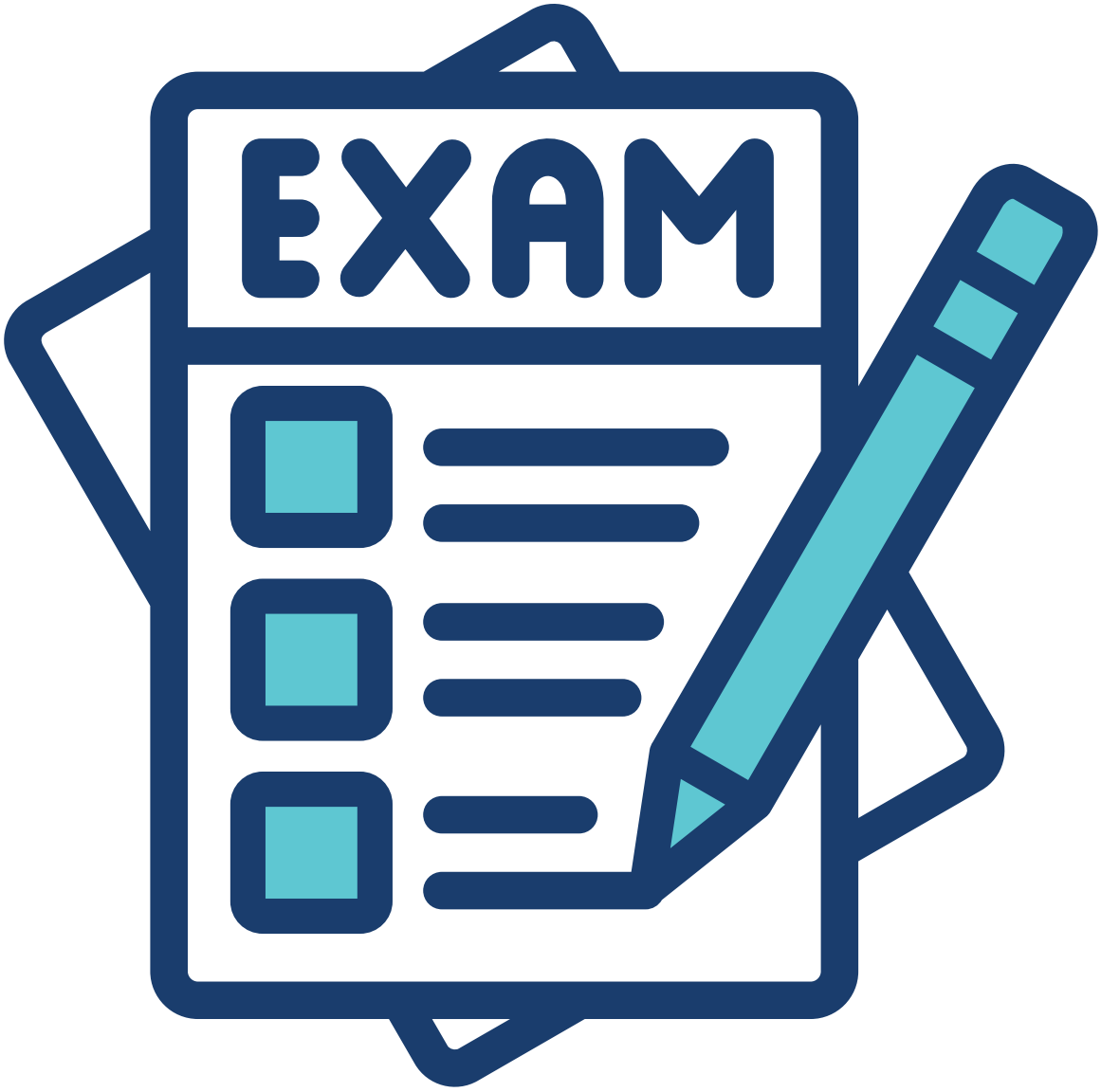
GCSE SKILLS



Name _____ Year _____

ABOUT ME

Date _____

MY GCSE OPTIONS

One

Two

Three

Four

HOW DO YOU CURRENTLY REVISE?

One

Two

Three

Four

Five

WHAT DO YOU FIND HARD DURING EXAMS?

One

Two

Three

Four

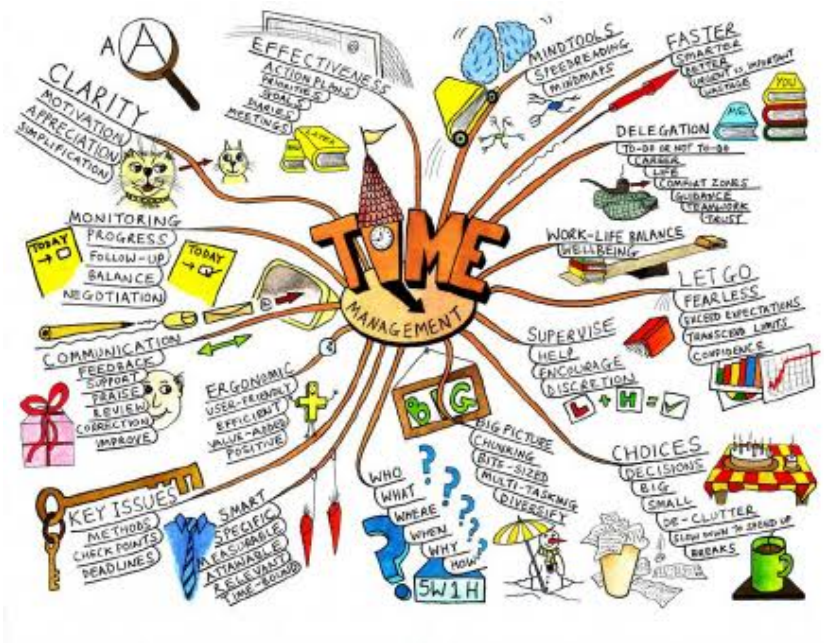
Five



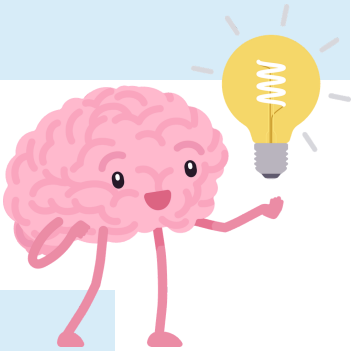
Date _____

TECHNIQUE 1

Mind Maps

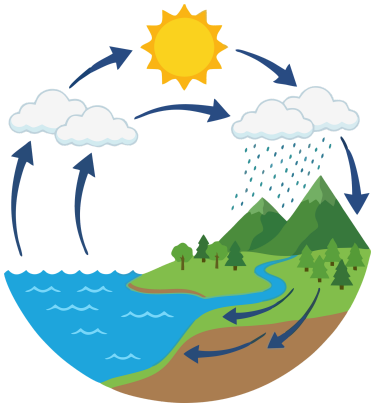


A mind map is a visual revision tool that starts with a central topic in the middle of a page. Key ideas branch out from the centre, with smaller branches adding important facts, examples, keywords, and connections between concepts.



Mind maps help with revision because they:

- **Organise information** visually, making large topics easier to understand and remember.
- **Show links between idea**s, helping students see how different concepts connect.
- **Encourage the use of keywords** rather than long notes, which promotes active recall.
- **Use colour, images, and symbols**, which can improve memory and engagement.
- **Break complex topics into manageable sections**, reducing cognitive overload.
- **Support quick revision**, as the whole topic can often be viewed on a single page.
- **Improve recall** during assessments, as students can mentally picture the layout of their mind map when answering questions.



Date _____

LET'S PRACTICE

Mind Mapping

Task 1 - Using the topic of 'The Water Cycle' lets create a mind map. Use the information on this page to help create your mind map, remember to use visuals, key words, descriptions, show links

What is the Water Cycle?
The water cycle is the constant movement of water around the Earth. Water changes between liquid, gas, and solid forms as it travels through the atmosphere, land, and oceans.

The Four Main Stages
1. Evaporation ☀️
The Sun heats water in oceans, rivers, lakes, and puddles. This causes the water to change from a liquid into a gas called water vapour, which rises into the atmosphere.

2. Condensation ☁️
As water vapour rises, it cools down and changes back into tiny liquid water droplets. These droplets gather together to form clouds.

3. Precipitation 🌧️
When the droplets in clouds become too heavy, they fall back to Earth as precipitation, which can be:

- Rain
- Snow
- Sleet
- Hail

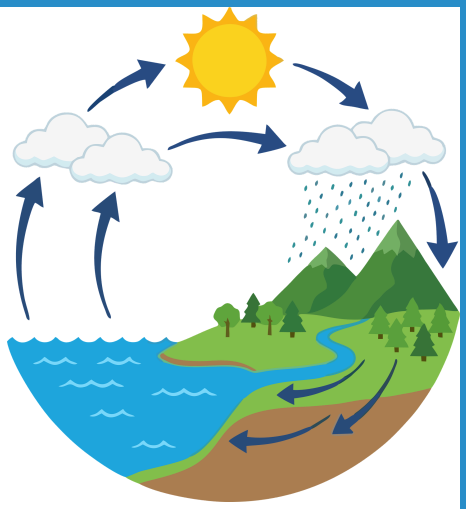
4. Collection 🌊
Water collects in rivers, lakes, reservoirs, and oceans. Some water soaks into the ground as groundwater. Eventually, the water is heated by the Sun again and the cycle repeats.

Why is the Water Cycle Important?

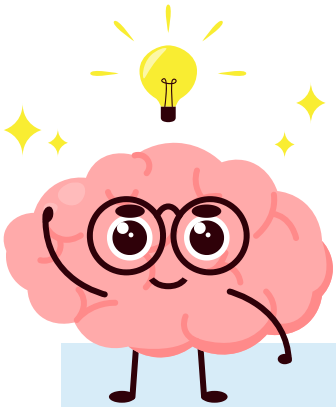
- Provides fresh water for plants, animals, and humans.
- Helps regulate Earth's weather and climate.
- Recycles water naturally.
- Supports all living things on Earth.

Key Vocabulary

- Evaporation: Liquid water changes into water vapour.
- Condensation: Water vapour cools and forms liquid droplets.
- Precipitation: Water falling from clouds as rain, snow, sleet, or hail.
- Collection: Water gathering in oceans, rivers, lakes, and underground stores.
- Water Vapour: Water in its gaseous state.



The Water Cycle



Date _____

TECHNIQUE 2

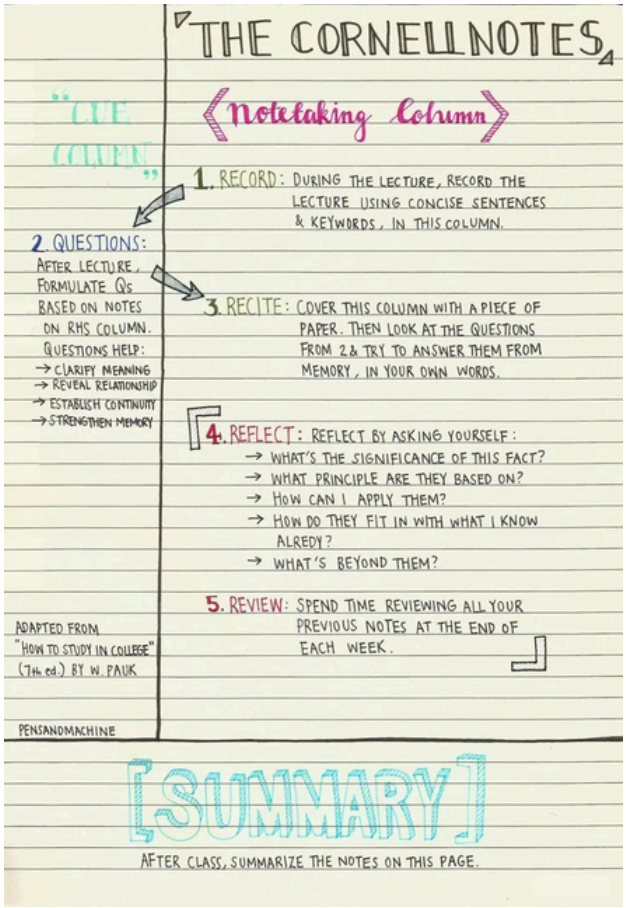
Cornell Notes

Cornell Notes are a structured note-taking method that divides a page into three sections:

Notes Section – used to record important information during learning.

Cue/Question Column – used to write keywords, questions, or prompts about the notes.

Summary Section – used to write a brief summary of the main learning points.





Helps with active recall to cover the notes section and answer questions from the cue column from memory.

Breaking information into manageable sections and highlighting key ideas.

Support long-term memory by regularly revisiting information rather than simply rereading notes.

Encourage summarising skills, helping to identify the most important information.

Make self-testing easier as the cue column can be used like flashcards before assessments.

Reduce revision time because key information, questions, and summaries are stored together in one place.

LET'S PRACTICE

Date _____

Cornell Notes

Task 1 - Using the topic of 'An Inspector Calls' key characters, use the information below

Inspector Goole
- A mysterious inspector who investigates the death of Eva Smith.
- Represents Priestley's views on social responsibility and morality.
- Challenges the Birling family and forces them to confront their actions.
- Famous quote: "We are members of one body. We are responsible for each other."

Arthur Birling
- A wealthy businessman and father of Sheila and Eric.
- Selfish, capitalist, and focused on profit and status.
- Believes people should only look after themselves.
- His actions contribute to Eva losing her job.
- Famous quote: "A man has to make his own way."

Sybil Birling
- Arthur's wife and a prominent charity committee member.
- Cold, judgmental, and concerned with social class.
- Refuses help to Eva when she is desperate.
- Symbolises the hypocrisy of the upper classes.
- Famous quote: "Girls of that class."

Sheila Birling
- The Birlings' daughter.
- Starts as spoiled and immature but becomes compassionate and responsible.
- Regrets her role in Eva's suffering and accepts blame.
- Represents hope for change in the younger generation.
- Famous quote: "I'll never, never do it again to anybody."

Eric Birling
- The Birlings' son.
- Insecure and troubled with a drinking problem.
- Had a relationship with Eva and helped cause her downfall.
- Feels genuine guilt and accepts responsibility.
- Represents the younger generation's ability to learn from mistakes.
- Famous quote: "The fact remains that I did what I did."

Gerald Croft
- Sheila's fiancé and the son of a wealthy businessman.
- Had an affair with Eva (known to him as Daisy Renton).
- Shows some sympathy towards Eva but still exploits his position.
- Tries to move on quickly once the inspector leaves.
- Famous quote: "I didn't feel about her as she felt about me."

Eva Smith / Daisy Renton
- Never appears on stage but is central to the plot.
- A working-class woman whose life is affected by the actions of each character.
- Represents the struggles faced by the working class in Edwardian society.
- Acts as a symbol of all vulnerable people mistreated by society.

Quick Revision Tip
Older Generation: Arthur and Sybil Birling reject responsibility.
Younger Generation: Sheila and Eric accept responsibility and learn from their mistakes.
Inspector: Represents social responsibility and Priestley's message that society should care for everyone.

CLASS: _____ TITLE: _____ DATE: _____

CUES	NOTES

SUMMARY

When creating your questions in your 'Cue Column'

Remember to create variety e.g. multiple choice answers, one word answers, true ot false

Date _____

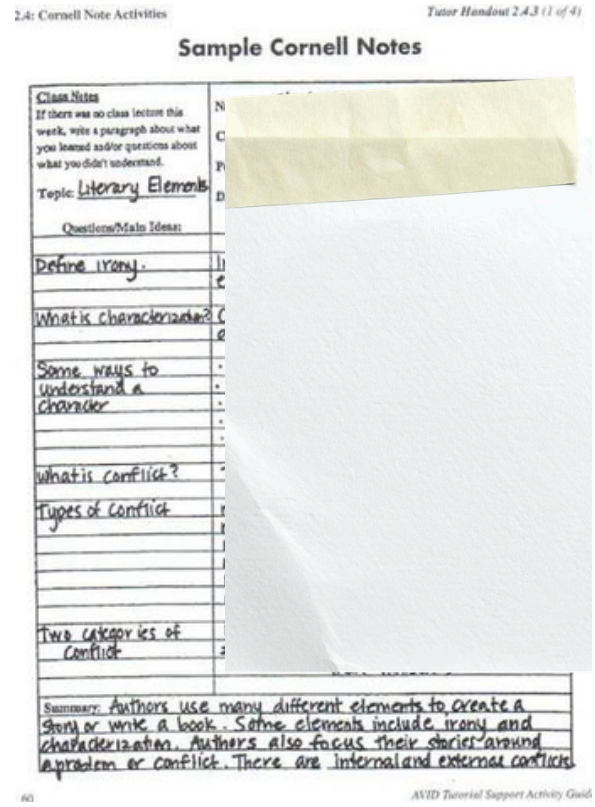
CORNELL NOTES

How to use them for revision once completed

After you have completed your Cornell notes, there are several ways to use this to revise. Look at the examples below to help.

Idea 1 - Cover the main Notes column with a blank piece of paper, look at the Cues on the left, and try to answer the questions or explain the concepts from memory

Remove the paper to check your answers



2.4: Cornell Note Activities

Tutor Handout 2.4.3 (1 of 4)

Sample Cornell Notes

Class Notes

If there was no class lecture this week, write a paragraph about what you learned and/or questions about what you didn't understand.

Topic: Literary Elements

Questions/Main Ideas:

Define irony.

What is characterization?

Some ways to understand a character

What is conflict?

Types of conflict

Two categories of conflict

Summary: Authors use many different elements to create a story or write a book. Some elements include irony and characterization. Authors also focus their stories around a problem or conflict. There are internal and external conflicts.

AVID Tutorial Support Activity Guide

Idea 2 - Cover the summary box, try and recap the summary bullet points out loud

Refer to the notes section to help you if you get stuck



Idea 3 - Ask a friend to test you using your questions - get them to check your answers

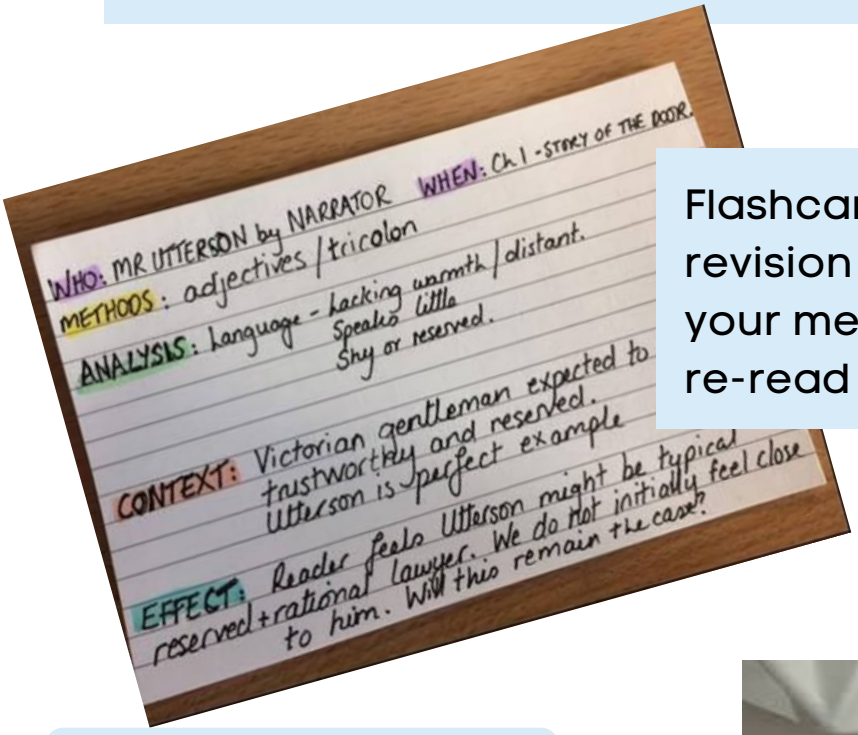
Idea 4 - come up with your own method



Date _____

TECHNIQUE 3

Flash cards



Flashcards are a simple revision tool that help you test your memory rather than just re-read information.

✅ Encourage active recall (retrieving information from memory)

✅ Identify gaps in knowledge

✅ Easy to carry and use anywhere

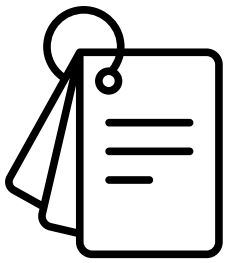
✅ Excellent for key terms, quotes, characters, dates, formulas, and vocabulary



LET'S PRACTICE

Date _____

Flashcards

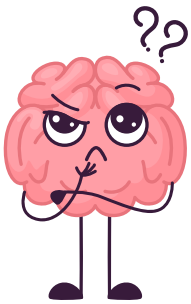


Step 1: Create the Flashcard

- Front: Write a question, key term, or prompt.
- Back: Write the answer, definition, or explanation.

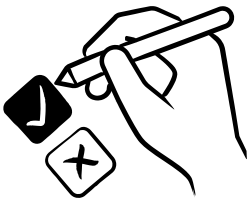
Example

- Front: Who is Inspector Goole?
- Back: A mysterious inspector who represents social responsibility and challenges the Birling family.



Step 2: Test Yourself

Look at the front of the card and try to answer from memory before turning it over.



Step 3: Check Your Answer

- If you got it right, place it in a "know it" pile.
- If you got it wrong or were unsure, place it in a "need to practise" pile.



Step 4: Repeat Regularly

Review the difficult cards more often. This is called spaced repetition and helps move information into your long-term memory.



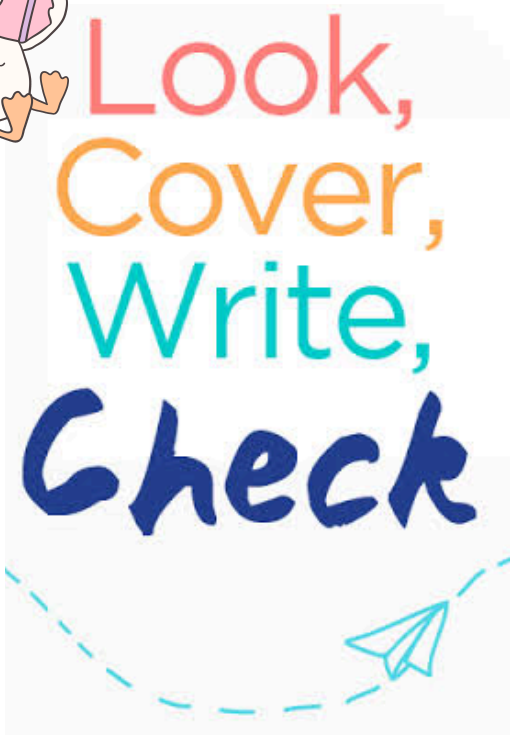
Date _____

TECHNIQUE 4

Blurting - Look, Cover, Write and Check

Look, Cover, Write, Check is a simple revision technique that helps move information from short-term memory into long-term memory by encouraging active recall.





Why it Works

✅ Tests your memory rather than just reading.

✅ Identifies gaps in your knowledge.

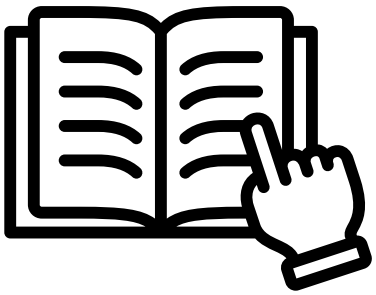
✅ Helps information stick through repetition.

✅ Works well for vocabulary, definitions, dates, formulas, quotations, and key facts.

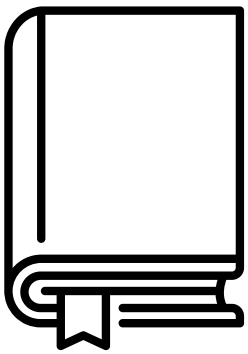
LET'S PRACTICE

Date _____

Look cover write and check



1. Look
Read a piece of information carefully and try to understand it.



2. Cover
Cover the information with your hand, a piece of paper, or close the book.



3. Write
Write down everything you can remember from memory.



4. Check
Uncover the original information and compare it with what you wrote.

- Tick what you got correct.
- Correct any mistakes.
- Rewrite it again if needed.

LET'S PRACTICE

Date _____

Look cover write and check

Look - Read the sentence - cover it	Write the sentence	Check it - right or wrong
 Octopuses have three hearts, but they still struggle to find a Valentine!		
Bananas are berries, but strawberries aren't... nature clearly enjoys confusing us! 		
A group of flamingos is called a "flamboyance" because apparently "fabulous squad" wasn't scientific enough! 		
Wombats produce cube-shaped poo, proving that even animals can think outside the box... by making one! 		
A day on Venus is longer than a year on Venus, which means birthdays arrive before the previous day has even finished! 		



Date _____

TECHNIQUE 5

Test someone else

Testing someone else is an excellent revision strategy because it requires you to explain, recall and apply your own knowledge. If you can successfully ask questions and check another person's answers, it shows that you understand the topic well yourself.

Why it Helps

✅ Strengthens your understanding of a topic.

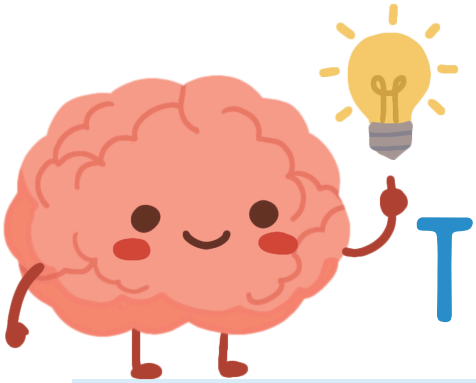
✅ Improves memory through active recall.

✅ Develops confidence in explaining concepts.

✅ Highlights gaps in your own knowledge.

✅ Encourages deeper thinking rather than simply reading notes.





Date _____

TECHNIQUE 6

Exam Questions

Completing exam questions is one of the most effective revision techniques because it helps you practise retrieving information from memory, just like you will need to do in the real exam.

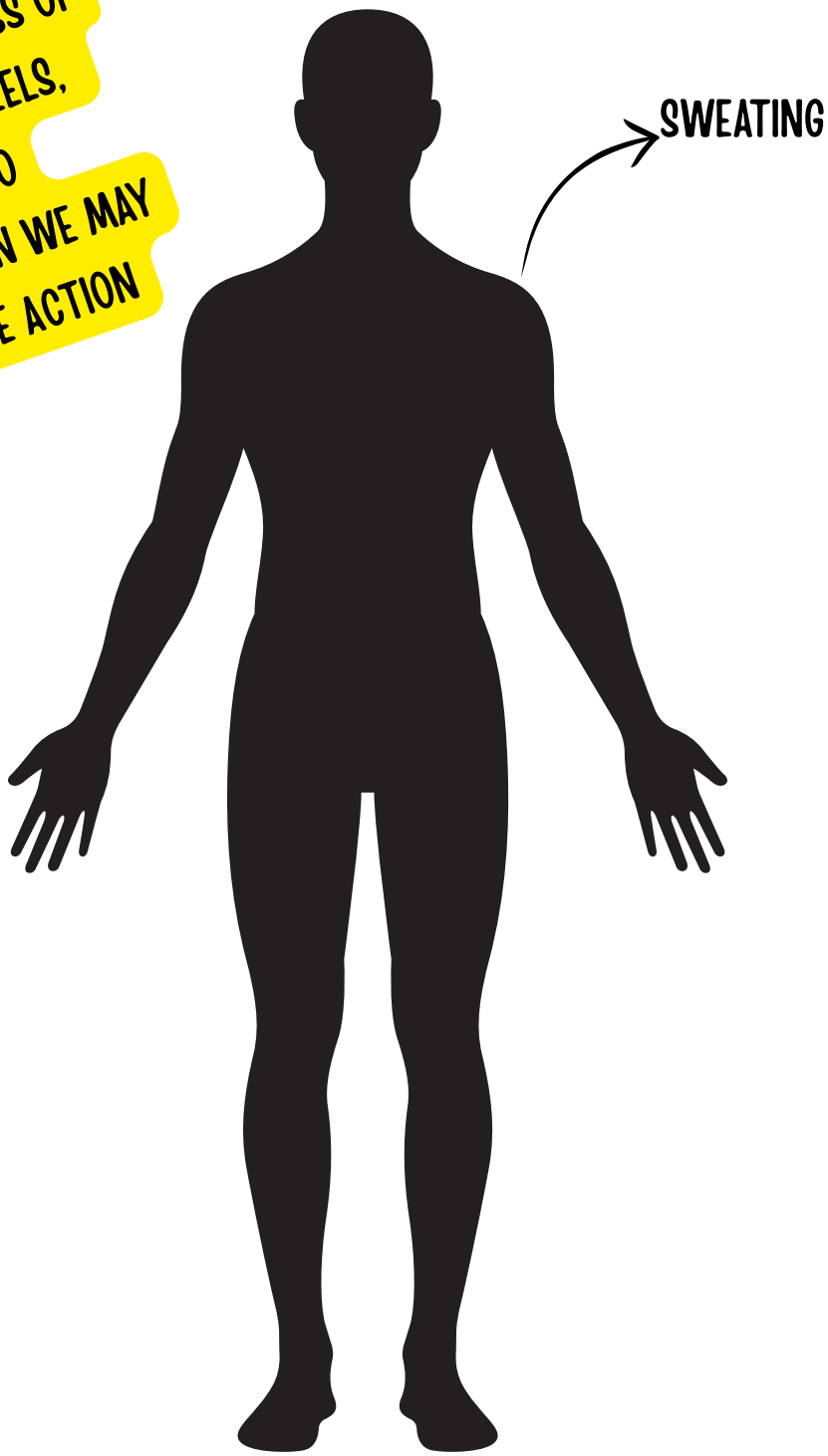


Benefits of completing exam questions:

- **Improves recall:** You strengthen your memory by actively pulling information from your brain rather than simply re-reading notes.
- **Identifies gaps in knowledge:** Exam questions quickly show you which topics you understand well and which areas need more revision.
- **Develops exam technique:** You learn how to structure answers, use key terminology and understand what examiners are looking for.
- **Builds confidence:** The more questions you practise, the more familiar the exam format becomes, reducing anxiety on the day.
- **Improves time management:** Practising under timed conditions helps you learn how long to spend on different questions.
- **Applies knowledge:** Exam questions require you to use what you know, not just remember facts, helping you develop deeper understanding.

HOW DOES OUR BODY REACT TO STRESS?

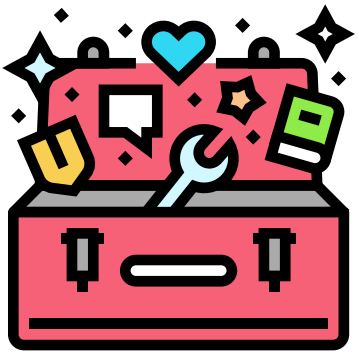
HAVING AN AWARENESS OF HOW OUR BODY FEELS, HELPS US TO RECOGNISE WHEN WE MAY NEED TO TAKE ACTION



Our body gives us signs when our emotions change

Task - add to the diagram the 'physical' symptoms that our body experiences during stress

REGULATION TOOLBOX



STOP
S - Stop and pause
T - Think about what you are feeling
O - Observe what is happening in your body
P - Pick a strategy that will help

Calming the Body
- Deep breathing
- Stretching
- Taking a short walk
- Drinking water
- Counting slowly to ten

Sensory Strategies
- Put on headphones or ear defenders.
- Sit in a quiet space for a few minutes.
- Hold something comforting, such as a soft item.
- Focus on five things you can see, four you can touch, three you can hear, two you can smell, and one you can taste.
- Adjust lighting if it feels overwhelming.

Calming the Mind
- Positive self-talk
- Listening to music
- Drawing or colouring
- Mindfulness exercises
- Taking a break

Solving the Problem
- Asking for help
- Talking to a trusted adult
- Writing feelings down
- Using a checklist
- Finding a solution step by step

TASK - highlight which of these techniques would work for you?

Having a toolbox of helpful strategies gives us different ways to calm down, manage our feelings, and tackle problems when we are feeling overwhelmed.